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TT3003

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User manual

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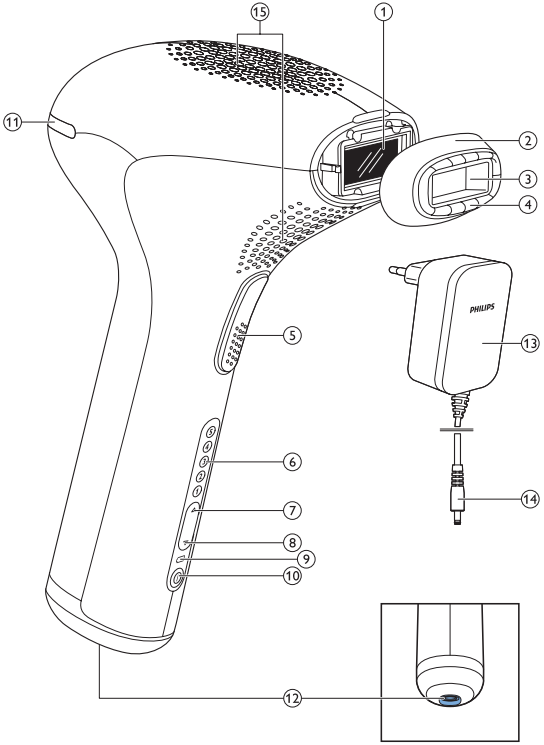
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Introduction

Congratulations on your purchase and welcome to Philips! To fully benefit from the support that Philips offers, register your product at www.philips.com/lumeaformen.
Light-based hair removal is one of the most effective methods to treat unwanted body hair with longer-lasting results. It is different form current home hair removal methods because it significantly reduces hair regrowth. Philips has been investigating this method together with leading dermatologists for over 10 years. You can now use this innovative technology comfortably in the privacy of your own home, whenever and wherever you want. This appliance has been designed and developed for removing men's body hair on areas mentioned below:

- arms
- underarms
- pubic area (excluding the scrotum)
- shoulders
- chest
- back
- legs

Do not use the Philips Lumea IPL hair removal system for men above the neckline, i.e. do not use it on your face or neck. Do not use the Philips Lumea IPL hair removal system for men on the scrotum. If you want to remove hair from the scrotum, use the Bodygroom included in the package.
Please note that the Philips Lumea Plus for men is designed for use by one person only. This appliance has been specifically designed for use by men, but can be used by women as well.
For more information about Philips Lumea Plus for men, see www.philips.com/lumeaformen. Check our homepage regularly for updates.

Benefits

This appliance provides the following benefits:

Intense Pulsed Light (IPL) technology for home use
Philips Lumea Plus for men uses a light-based technology called 'Intense Pulsed Light' (IPL). IPL is also used in the professional beauty market for hair removal and has been in use for the last fifteen years. Philips Lumea Plus for men now brings this innovative technology to the comfort of your home.

Effective hair re-growth prevention for everyday smoothness
This method provides you with long-lasting hair regrowth prevention and silky-smooth skin. Our studies have shown a significant hair reduction already after two treatments. Optimal results were generally achieved after six to seven treatments. A reduction in hair density is visible from treatment to treatment. How fast the effect becomes visible and how long the results last varies from person to person. For more information, see chapter 'Using the appliance', section 'How to achieve optimal results'.

Gentle treatment
Philips Lumea Plus for men has been developed in close cooperation with leading dermatologists for an effective and gentle treatment.

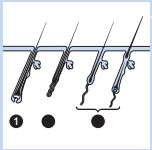
Cordless operation for maximum freedom and flexibility
Because the appliance runs on rechargeable batteries, it is portable and can be used anywhere.

No replacement parts needed, no hidden costs

Philips Lumea Plus for men is equipped with a high-performance lamp which does not require replacement. This lamp can generate over 100,000 flashes and should enable you to continuously maintain results for more than 5 years* while saving money on expensive replacement lamps.
*Based on the average treatment times for each area and the recommended intensities for one user.

How Philips' Intense Pulsed Light technology works

Hair growth



Hair growth rates differ from person to person, depending on age, metabolism and other factors. However, everyone's hair normally grows in 3 phases.

1 Growing phase (anagen phase)
The hair grows actively from the root. In this phase the concentration of melanin is highest. Melanin is responsible for the pigmentation of the hair. Melanin concentration is also the determining factor for the efficacy of this method. Only hairs in the growing phase are susceptible to treatment with light.

2 Degradation phase (catagen phase)
Hair growth stops and the root shrinks before the hair sheds.

3 Resting phase (telogen phase)
The old hair separates from its hair follicle and sheds. The follicle remains at rest until the biological clock tells it to become active again and grow a new hair.

Working principle

The appliance works by heating up the hair and root beneath the skin. The melanin in the hair and hair root absorbs the released light pulses.
The darker the colour of the hair, the more light can be absorbed. This process stimulates the hair to go into the resting phase. The hair now sheds naturally and the hair growth is inhibited. Hairs can take one or two weeks to shed. Optimal hair removal cannot be obtained with a single session, since only hairs in the growing phase are susceptible to treatment with light. During a treatment, hairs on the treated area are usually in different stages of the hair growth cycle. To effectively treat all hairs you have to repeat the treatment every two weeks for a few times.
An integrated optical filter ensures that no UV light reaches the skin and guarantees that the appliance is safe for the skin.

What effect can you expect after treatment?

- After you have treated the hairs every two weeks two to four times (depending on your skin/hair type and the intensity setting), you notice that hair growth decreases and that the hairs that grow back are softer.
- After you have treated the hairs six to eight times (depending on your skin/hair type and the intensity setting), you notice that most of the hairs do not return.
- After you have treated the hairs eight times, continue to use the Lumea Plus for men to maintain a smooth skin. For more information, see section 'Maintenance phase' in chapter 'Using the appliance'.
- If you stop using the Lumea Plus for men, the hairs start to regrow after some time.

General description (Fig. 2)

1 Light exit window with integrated UV filter
2 Body attachment
3 Metallic frame inside the body attachment
4 Safety system (safety ring with contact switches)
5 Flash button
6 Intensity lights (1- 5)
7 ▲ Intensity increase button
8 ▼ Intensity decrease button
9 Charging light and battery-low indication
10 On/off button
11 'Ready to flash' light
12 Appliance socket
13 Adapter
14 Small plug
15 Air vents

Also included: pouch, cleaning cloth and Bodygroom

Important

Read this user manual carefully before you use the appliance and save it for future reference.

Danger

- Water and electricity are a dangerous combination. Do not charge this appliance in wet surroundings (e.g. in the bathroom or near a running shower or a filled swimming pool).
- Keep the adapter dry.

Warning

- If the appliance is broken, do not touch any inner part to avoid electric shock.
- Never insert any objects into the appliance.

- This appliance is not intended for use by persons younger than 15 years and persons with reduced with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Teenagers aged between 15 and 18 years can use the appliance with the consent and/or assistance of their parents or the persons who have parental authority over them. Adults from 19 years and older can use the appliance freely.
- Only charge the appliance with the adapter supplied.
- Do not use the appliance or the adapter if it is damaged.
- Do not use the appliance if the light exit window is broken.
- If the adapter is damaged, always have it replaced with one of the original type in order to avoid a hazard.
- The adapter contains a transformer. Do not cut off the adapter to replace it with another plug, as this causes a hazardous situation.

To prevent damage:

- Only use the accessories supplied. All other accessories are not safe to use.
- Make sure nothing obstructs the air flow through the ventilation slots.
- Never subject the appliance to heavy shocks and do not shake or drop it.
- If you take the appliance from a very cold environment to a very warm environment or vice versa, wait approximately 3 hours before you use it.
- Store the appliance in the pouch so that it does not become dusty.

- Never leave the appliance unattended when it is switched on. Always switch off the appliance after use.
- Do not expose the appliance to direct sunlight or UV light.
- Do not flash against any other surface than the skin. This can cause severe damage to the body attachment and/or the light exit window. Only flash when the appliance is in contact with skin.

Caution

- This appliance is not washable. Never immerse the appliance in water, nor rinse it under the tap.
- This appliance is only intended for removing unwanted body hair from areas below the neck. Do not use it for any other purpose.
- Use this appliance only at settings suitable for your skin type. Use at higher settings than those recommended can increase the risk of skin reactions and side effects.
- Never use the appliance around the eyes and near the eyebrows to avoid the risk of eye damage.

Keep the following things in mind to avoid compromising the lifetime of your Philips Lumea Plus for men:

- Do not expose the appliance to temperatures lower than 15°C or higher than 35°C during use.
- The appliance is equipped with a built-in overheat protection. If the appliance overheats, it does not flash. Do not switch off the appliance, but let it cool down for approx. 15 minutes before you continue with your treatment.
- Always return the appliance to a service centre authorised by Philips for examination or repair. Repair by unqualified people could cause an extremely hazardous situation for the user.

- Never use the appliance in any of the cases mentioned in the section 'Contraindications'.

For whom is Philips Lumea Plus for men not suitable?

Philips Lumea Plus for men is not designed for everyone. If any of the following is true for you, then this appliance is **not** suitable for you to use!

Contraindications

Never use the appliance if you have an unsuitable skin and/or hair colour, i.e.:

- If your natural hair colour in the treatment areas is light blond, white, grey or red.
- If you are of skin type VI (you rarely or never get sunburnt and you tan very darkly; your skin colour is brownish black or darker). In this case you run a high risk of developing skin reactions, such as strong redness, burns or discolourations (hyperpigmentation or hypopigmentation), when you use Philips Lumea Plus for men.

Never use the appliance if you suffer from any of the diseases listed below, i.e.:

- If you have a skin disease such as active skin cancer, if you have a history of skin cancer or any other localised cancer in the areas to be treated.
- If you have a history of collagen disorder, including a history of keloid scar formation or a history of poor wound healing.
- If you have a history of vascular disorder, such as the presence of varicose veins or vascular ectasia in the areas to be treated.
- If your skin is sensitive to light and easily develops a rash or an allergic reaction.

- If you have infections, eczema, burns, inflammation of hair follicles, open lacerations, abrasions, herpes simplex, wounds or lesions and haematomas in the areas to be treated.
- If you have had surgery in the areas to be treated.
- If you have epilepsy with flashlight sensitivity.
- If you have diabetes, lupus erythematodes, porphyria or congestive heart disease.
- If you have any bleeding disorder.
- If you have a history of immunosuppressive disease (including HIV infection or AIDS).

Never use the appliance if you take any of the medications listed below, i.e.:

- If your skin is currently being treated with or has recently been treated with Alpha-Hydroxy Acids (AHAs), Beta- Hydroxy Acids (BHAs), topical isotretinoin and azelaic acid.
- If you have taken any form of isotretinoin Accutane® or Roaccutane® in the last six months. This treatment thins the skin and can therefore make it more susceptible to tears, wounds and irritations.
- If you are on painkillers, which reduce the skin's sensitivity to heat.
- If you are taking photosensitising agents or medications, check the package insert of your medicine and never use the appliance if it is stated that it can cause photo-allergic reactions, photo-toxic reactions or if you have to avoid sun when taking this medicine.
- If you take anticoagulation medications, including heavy use of aspirin, in a manner which does not allow for a minimum 1-week washout period prior to each treatment.
- If you take immunosuppressive medications.

Never use the appliance on the following areas:

- In the face.
- On the inside of the nostrils and ears.
- On the nipples, areolas and anus.
- If you are a man: on the scrotum.
- If you are a woman: on the labia minora and vagina. Never use the appliance if you are pregnant or breast feeding.
- Over or near anything artificial like silicone implants, pacemakers, subcutaneous injection ports (insulin dispenser) or piercings.
- On moles, freckles, large veins, darker pigmented areas, scars, skin anomalies without consulting your doctor. This can result in a burn and a change in skin colour, which makes it potentially harder to identify skin-related diseases (e.g. skin cancer).
- On warts, tattoos or permanent make-up. This can result in a burn and a change in skin colour.
- On areas, where you use long-lasting deodorants. This can result in skin reactions. See chapter 'Using the appliance', section 'Possible side effects and skin reactions'.

Never use the appliance on sunburnt, recently tanned (last 48 hours) or fake-tanned skin:

- All types of tanning can influence the safety of the treatment. This applies to exposure to natural sunlight as well as artificial tanning methods, such as tanning lotions, tanning appliances etc. If you are tanned or are planning to tan, see chapter 'Preparing for use', section 'Tanning advice'.

Note: The list is not exhaustive. If you are not sure whether you can use the appliance, we advise you to consult a doctor.

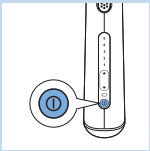
Electromagnetic fields (EMF)

This Philips appliance complies with all standards regarding electromagnetic fields (EMF). If handled properly and according to the instructions in this user manual, the appliance is safe to use based on scientific evidence available today.

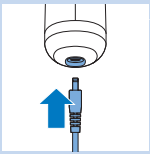
Charging

Fully charge the batteries before you use the appliance for the first time and when the batteries are empty. Fully charging the batteries takes up to 1 hour and 40 minutes. Charge the appliance when the charging light lights up orange during use to indicate that the battery is low and will run out soon. Fully charged batteries provide at least 370 flashes at light intensity 5. Fully charge the appliance every 3 to 4 months, even if you do not use the appliance for a longer time.

Charge the appliance in the following way:



1 Switch off the appliance.



2 Insert the small plug into the appliance and put the adapter in the wall socket.

- The charging light flashes green to indicate that the appliance is charging.
- When the batteries are fully charged, the charging light lights up green continuously.

Notes:

- The adapter feels warm during charging. This is normal.
- You cannot use the appliance during charging.
- This appliance is equipped with battery overheat protection and does not charge if the room temperature exceeds 40°C.

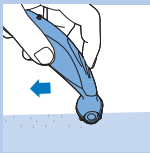
Never cover the appliance and adapter during charging.

3 After charging, remove the adapter from the wall socket and pull the small plug out of the appliance.

Preparing for use

For optimal results and greatest effect, prepare the areas on which you intend to use the appliance in the manner described below.

Preparing treatment areas



1 Always shave the areas you intend to treat before you use the Lumea Plus for men. The Lumea Plus for men can only be used on a shaved skin.

Note: Philips recommends that you use the Philips Bodygroom included in the package to preshave the areas to be treated with the Philips Lumea Plus for men. Use the Philips Bodygroom dry because the Philips Lumea Plus for men can only be used on dry skin.

Note: If your last depilation method involved removing hairs by the root (e.g epilating, waxing etc.), wait until you notice significant hair regrowth before you use Philips Lumea Plus for men.

Note: Do not use depilatory creams instead of shaving.

Please note that treatment on unshaved or improperly shaved areas has a number of undesired effects:

- The light exit window and attachment may become contaminated with stray hairs and dirt. A contaminated light exit window and attachment can reduce the life and efficacy of the appliance. In addition, burns or black spots that appear on the light exit window and attachment due to contamination can cause the treatment to become painful or cause skin reactions like redness and discolouration (hyperpigmentation or hypopigmentation).

2 **Clean your skin and make sure it is hair-free, entirely dry and free from oily substances (e.g. present in cosmetic products like deodorants, lotions, perfumes, tanning creams and sunscreens).**

3 **Check the appliance, especially the light exit window and the body attachment for trapped hair, dust and fibres. If you see any contamination, clean the appliance according to the instructions in chapter 'Cleaning and maintenance'.**

Notes:

- If shaving causes wounds or lesions, your skin may be more sensitive and the light treatment might feel uncomfortable sometimes.
- Once the hairs stop growing back - which usually happens after 6-7 treatments - you no longer have to shave before you use the appliance.

Setting the light intensity

Philips Lumea Plus for men is an appliance developed for home use and therefore not comparable with professional light-based appliances with respect to pain sensation. Pulses of light delivered by Philips Lumea Plus for men are gentler than those from professional appliances and therefore you can expect a **convenient** and **effective** treatment. Adjust the light intensity to your skin and body hair colour and to a level you find comfortable. The table with recommended light intensities below helps you to establish the right light intensity.

1. Consult the table below to determine which light intensities are most suitable for your skin and body hair colour and to check if this method is suitable for you (if it is not, this is indicated with x in the table).
2. Each body area and possibly even parts of a body area may require a separate appropriate light intensity according to the recommended light intensities table below. The method is more effective at higher intensities, but you should reduce the light intensity if you experience any pain or discomfort.

Persons with darker skin run a higher risk of skin irritation because their skin absorbs more light. Therefore lower intensities are recommended for persons with darker skin.

The light intensity you use can feel warm or hot on the skin, but should never feel uncomfortable. To prevent skin reactions, see chapter 'Using the appliance', section 'Possible side effects and skin reactions'.

Recommended light intensities (1-5)
In the table below, 'x' means that the appliance is not suitable for you.

Skin colour & characteristics:	White (always sunburn, no tanning)	Beige (easy sunburn, minimal tanning)	Light brown (sometimes sunburn, good tanning)	Mid brown (rarely sunburn, fast and good tanning)	Dark brown (rarely sunburn, very good tanning)	Black (rarely to never sunburn, very dark tanning)
hair colour: dark blond/light brown/ brown/dark brown/ black	4/5	4/5	4/5	3/4	1/2/3	×
hair colour: white/grey/ red/light blond	×	×	×	×	×	×

Important:
To check whether Philips Lumea Plus for men is suitable for you, see section 'For whom is Philips Lumea Plus for men not suitable?'. If your skin has been exposed to natural sunlight or an artificial tanning method, it may be darker than during the previous treatment.
Check the table above to determine which settings are suitable for your skin colour.

Tanning advice

Sun exposure before treatment

- Wait at least 48 hours after sunbathing before you use the appliance. Sunbathing can cause skin to darken (tan) and/or can cause sunburn (reddening of the skin).
- After these 48 hours, check the skin for any remaining sunburn. Do not use Philips Lumea Plus for men as long as sunburn persists.
- When the sunburn has disappeared, perform a skin test (see chapter 'Using the appliance', section 'First use and skin test') on the area to be treated to determine the appropriate light intensity.
- If your skin is tanned, perform a skin test (see chapter 'Using the appliance', section 'First use and skin test') on the area to be treated and select the appropriate light intensity. A failure to do so causes a risk of developing skin reactions after treatment with Philips Lumea Plus for men.

Sun exposure after treatment

- Wait at least 24 hours after treatment before you expose treated areas to the sun. Even after 24 hours, make sure that the treated skin does not show any redness from the treatment anymore before you expose it to the sun.
- Cover treated areas when you go out in the sun or use a sun block (SPF 30+) in the two weeks after the treatment.
- Exposing treated areas to the sun immediately after treatment without protection can increase the risk of adverse side effects and skin reactions. See chapter 'Using the appliance', section 'Possible side effects and skin reactions'.

Tanning with artificial light

- Follow the instructions in 'Sun exposure before treatment' and 'Sun exposure after treatment' above.

Tanning with creams

- If you have used artificial tanning lotion, wait until the artificial tan has fully disappeared before you use Philips Lumea Plus for men.

Using the appliance

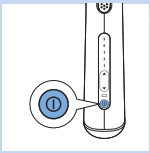
Check the recommended light intensities table in chapter 'Preparing for use', section 'Setting the light intensity' to determine which light intensities are most suitable for your skin and body hair colour. Use the appliance in a **well-lit** room; this reduces the perceived brightness of the flash. Shave the area you intend to treat before you use the appliance (see chapter 'Preparing for use', section 'Preparing treatment areas').

If the treatment becomes intolerably painful at any point in time, reduce the light intensity setting until the treatment is comfortable again. If you notice skin reactions stronger than slight redness, stop the treatment immediately and read section 'Possible side effects and skin reactions' in this chapter.

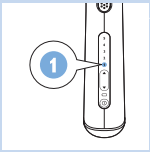
First use and skin test

When you use the appliance for the first time, we advise you to perform a skin test on the area to be treated to check your skin's reaction to the treatment and to get accustomed to light-based treatment.

1 Choose an area close to the intended treatment area.



2 Press the on/off button to switch on the appliance.



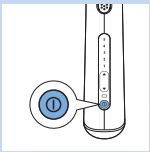
- Intensity light 1 goes on automatically to indicate that the appliance is switched on at default intensity 1.

3 Apply one flash at the lowest recommended intensity for your skin type.

4 As long as it feels comfortable (not painful), increase the setting by one level within the recommended range for your skin type and apply one flash for each setting. Do not apply more than one flash on the same spot.

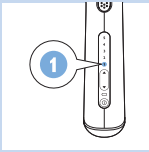
5 After the skin test, wait for 24 hours and check your skin for any reaction. If the skin shows reactions, choose the highest setting that did not result in any skin reaction for subsequent use.

Subsequent use



1 Before every treatment, clean the body attachment, light exit window and metallic frame of Philips Lumea Plus for men.

2 Press the on/off button to switch on the appliance.

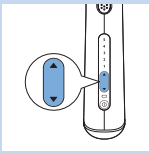


- Intensity light 1 goes on automatically to indicate that the appliance is switched on at default intensity 1.

Note: It is normal that the appliance and the attachment become warm during use.

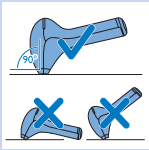
3 Start each treatment by selecting the light intensity very carefully, based on your skin's sensitivity and on how comfortable the treatment feels.

Your skin may react differently on different days/occasions for a number of reasons. See section 'Possible side effects and skin reactions' in this chapter for more information.



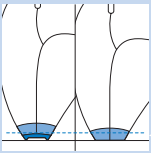
4 Press the ▲ button to increase the intensity. To lower the intensity, press the ▼ button.

- Every time you press the button, the corresponding intensity light starts to flash. This takes a few seconds.

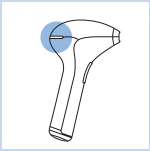


5 Place the appliance at a 90° angle on the skin so that the body attachment and the safety ring are in contact with the skin.

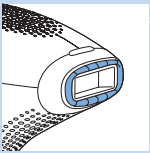
Note: It may be difficult to have the safety ring make proper contact with the skin on certain areas. In that case, you could hold the Philips Lumea Plus for men upside down, while you press the flash button with your thumb.



6 Press the safety ring fully onto the skin with slight pressure.



- The 'ready to flash' light on the back of the appliance lights up green when all contact switches of the safety ring are in contact with the skin and the appliance is charged.



Note: The safety ring has contact switches that together are the safety system of the appliance. This safety ring prevents unintentional flashing without skin contact.

Tip: For easier use, stretch the skin you want to treat. On areas with softer skin, you may need to exert more pressure on the appliance to push in all contact switches.

Note: Bony areas like shinbone, ankles or ribs are more sensitive than other areas of the body. When you press the appliance hard onto these areas, the skin can be more susceptible to skin reactions like irritation and redness. See section 'Possible side effects and skin reactions' in this chapter. Press the appliance onto the skin just hard enough to make the 'ready to flash' light go on, but no harder.

7 Press the flash button to release a flash.
Now you have 2 options to release the next flash:

A Keep the flash button pressed. The appliance releases one flash after another as long as the safety ring is in full contact with the skin. Immediately after the appliance has flashed, slide the appliance to the next area. Make sure the safety ring is fully pressed onto the skin.

This 'Slide & Flash mode' is especially convenient for treatment of larger areas like the legs.

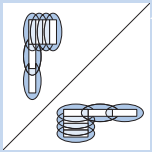
B Let go of the flash button after each flash. For the next flash, place the appliance on the area right next to the previously flashed area. Make sure the safety ring is fully pressed onto the skin.

This 'Step & Flash mode' guarantees a precise treatment of e.g. the knees or ankles.

Note: After a few seconds, the appliance is ready to flash again, so make sure that you move it to the next area immediately after it has flashed.

Do not treat exactly the same area multiple times during one session. This does not improve the effectiveness of the treatment, but increases the risk of skin reaction.

Note: The visible light produced by the appliance is the reflection of the flash on the skin and is harmless to your eyes. It is not necessary to wear goggles during use.



8 To avoid untreated areas, always make sure there is some overlap with the previously treated area when you place the appliance on the skin. The effective light only comes out of the light exit window with integrated UV filter. Make sure the flashes are produced close to each other. Ask somebody else to help you with the treatment if you want to treat your back to ensure that the treated areas overlap.

9 Switch off the appliance after you have finished the treatment.

10 Check the body attachment and light exit window for hairs and dirt and clean the appliance after use. See chapter 'Cleaning and maintenance'.

Guidelines for treatment

Average treatment time

Area	Approx. treatment time
Underarms	2 minutes
Entire pubic area (excluding scrotum)	2-5 minutes
Shoulders	7-12 minutes
Chest	up to 20 minutes, depending on size of hairy area
Back	up to 20 minutes, depending on size of hairy area
One lower leg	7-12 minutes
One full leg	up to 20 minutes

Note: The average treatment times above have been observed during research and tests. Individual treatment times may vary from person to person.

Note: Fully charged batteries offer at least 370 flashes at intensity 5. How long you can use the appliance depends on the size of the area to be treated and the intensity setting used.

Intended treatment areas

The appliance is intended to treat unwanted hairs on the underarms, shoulders, back, chest, arms, pubic area (excluding the scrotum) and legs.

Using the appliance on the shoulders, chest, back and legs

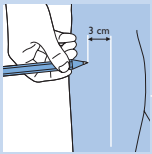
If you use the appliance to treat your shoulders, chest, back and legs you may have to recharge the appliance during the treatment. This is normal. How long you can use the appliance depends on the size of the treatment area and the intensity setting used.

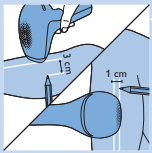
Tip: If you want to treat your back and your shoulders, you require the help of your partner or a friend to guarantee complete coverage and best results.

Tip: The back and chest are often tanned. Take special care to select the appropriate intensity for treating the tanned skin to prevent skin reactions.

Tip: White eye pencil

To help you remember what part of your skin you have already treated, you can mark sections on your leg with a white eye pencil.





1. Take a white eye pencil and draw a line on your leg. Start at any point of your leg and draw a straight line.
2. Draw additional lines at a distance of 3cm from the first line if you use the appliance horizontally or at a distance of 1cm if you use the appliance vertically.

Perform the treatment section by section. If you need to take a break during a session, just mark the last treated area with the same eye pencil and resume the treatment later.

Note: Only use a white eye pencil. Dark colours absorb the light and may cause skin irritation.

How to achieve optimal results

- It is normal that hairs are still visible after the first few treatments (see chapter 'Introduction', section 'Working principle' for more information).
- To remove all hairs successfully and prevent the hair follicle from becoming active again, the treatments have to be repeated once every two weeks for the first two to three months. Your skin should be smooth by then. Please read section 'Maintenance phase' to find out how you can keep these results.

Maintenance phase

- To ensure that your skin stays smooth, we advise you to repeat the treatment every four to six weeks. The time between treatments may vary based on your individual hair regrowth and also across different body areas. If too many hairs grow back between treatments, simply shorten the treatment interval again, but do not treat any area more often than once every two weeks. When you use the appliance more frequently than recommended, you do not increase the effectiveness but you do increase the risk of skin reactions.

Possible side effects and skin reactions
Common skin reactions:

- Your skin may show slight redness and/or may prickles, tingle or feel warm. This reaction is absolutely harmless and disappears quickly.
- A skin reaction similar to sunburn may occur on the treated area for a short while. If this does not disappear within 3 days, we advise you to consult a doctor.

- Dry skin and itching may occur because of the combination of shaving and light treatment. This is harmless and disappears within a few days. You can cool the area with an ice pack or a wet cloth. If dryness persists, you can apply a non-scented moisturiser on the treated area 24 hours after the treatment.

Rare side effects:

- Burns, excessive redness and swelling: these reactions occur very rarely. They are the result of using a light intensity that is too high for your skin colour. If these reactions do not disappear within 3 days, we advise you to consult a doctor. Wait with the next treatment until the skin has healed completely and make sure you use a lower light intensity.
- Skin discolouration: this occurs very rarely. Skin discolouration manifests itself as either a darker patch (hyperpigmentation) or lighter patch (hypopigmentation) than the surrounding area. This is the result of using a light intensity that is too high for your skin colour. If the discolouration does not disappear within 2 weeks, we advise you to consult a doctor. Do not treat discoloured areas until the discolouration has disappeared and your skin has regained its normal skin colour.
- Skin infection and inflammation: This occurs very rarely and may be caused by using the appliance on wounds or cuts that resulted from shaving, on already existing wounds or on ingrown hairs.
- Excessive pain: this can occur during or after treatment if you have used the appliance on unshaved skin, if you use the appliance at a light intensity that is too high for your skin colour, if you flash the same area more than once and if you use the appliance on open wounds, inflammations, infections, tattoos, burns, etc. See chapter 'Important', section 'Contraindications' for more information.

After use

- Do not apply any perfumed cosmetics to the areas treated immediately after treatment.
- Do not use deodorant immediately after treating the underarms. Wait until any skin redness has disappeared completely.
- See chapter 'Preparing for use', section 'Tanning advice' for information about sun exposure and artificial tanning.

Cleaning and maintenance

To ensure optimal results and a long life for the appliance, clean the appliance before and after each use and, if necessary, also during the treatment. The appliance loses its effectiveness if you do not clean it properly.

Never clean the appliance or any of its parts under the tap or in the dishwasher.

Never use scouring pads, abrasive cleaning agents or aggressive liquids such as petrol or acetone to clean the appliance.

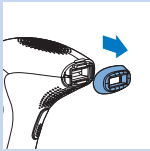
Never scratch the light exit window or the metallic surface inside the body attachment.

Note: Make sure that the contact switches of the safety ring do not get congested with dirt.

Note: Stop using the appliance when it is no longer possible to clean the light exit window or the body attachment.

1 Switch off the appliance, unplug it and let it cool down.

Note: The light exit window becomes hot during use. Make sure it has cooled down before you clean it.

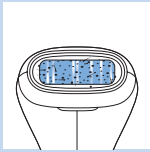


2 To remove the body attachment, put your fingers in the recesses at the top and bottom and pull gently. The attachment should come off easily.

3 Moisten the soft cloth supplied with the appliance with a few drops of water and use it to clean the following parts:

- the light exit window
- the outside surface of the body attachment
- the metallic frame inside the body attachment

Note: If water does not clean effectively, use a few drops of high-percentage alcohol to clean the parts mentioned above.



Note: A contaminated light exit window can look like this picture. Make sure you clean the appliance before and after each use and, if necessary, also during the treatment according to the instructions in this section.

4 If necessary, clean the outside of the appliance with the dry soft cloth supplied with the appliance.

Tip: If it is no longer possible to clean the edges of the attachment with the cleaning cloth supplied, use a cotton bud instead. Make sure that no fluff of fibres stay behind on the attachment or on the light exit window.

Storage

1 Switch off the appliance, unplug it and let it cool down.

2 Clean the appliance before you store it.

3 Put the appliance in the pouch supplied.

4 Store the appliance in a dry place at a temperature between 0°C and 60°C.

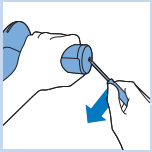
Ordering accessories

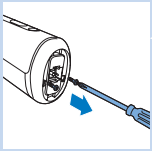
To purchase accessories for this appliance, please visit our online shop at **www.shop.philips.com/service**. If the online shop is not available in your country, go to your local Philips dealer or a Philips service centre.
If you have any difficulties obtaining accessories for your appliance, please contact the Philips Consumer Care Centre in your country. You find its contact details in the worldwide guarantee leaflet.

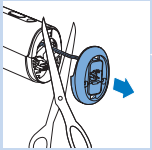
Environment

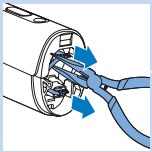
- Do not throw away the appliance with the normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you help to preserve the environment.

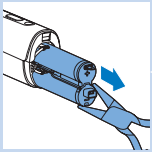
- The built-in rechargeable batteries contain substances that may pollute the environment. Always remove the batteries before you discard and hand in the appliance at an official collection point. Dispose of the batteries at an official collection point for batteries. If you have trouble removing the batteries, you can also take the appliance to a Philips service centre. The staff of this centre will remove the batteries for you and will dispose of them in an environmentally safe way.

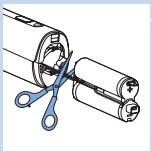












Removing the rechargeable batteries

Only remove the rechargeable batteries if they are completely empty.

1. Insert an awl or another pointed tool into the bottom cap of the appliance and pry off the bottom cap.
2. Undo the two screws in the bottom of the handle with a screwdriver.
3. Remove the bottom part of the handle and cut the two wires that connect the bottom part to the appliance.
4. Pull the battery connectors off the battery terminals with long nose pliers.
5. Pull the rechargeable batteries out of the appliance with long nose pliers.
6. Cut the two wires one at a time to ensure that no mishaps due to possible residual charge occur.

Guarantee and service

If you need service or information or if you have a problem, please visit the Philips website at **www.philips.com/support** or contact the Philips Consumer Care Centre in your country. You find its phone number in the worldwide guarantee leaflet. If there is no Consumer Care Centre in your country, go to your local Philips dealer.

Technical specifications

Model TT3003	
Rated voltage	100V-240V
Rated frequency	50Hz-60Hz
Rated input	7.5W
Protection against electric shock	Class II ⧈
Protection rating	IP 30 (EN 60529)
Operating conditions	Temperature: +15° to +35°C
	Relative humidity: 25% to 75%
Storage conditions	Temperature: 0° to +60°C
	Relative humidity: 5% to 95%
Intense pulsed light lamp	Spectrum: >570nm
Lithium-ion battery	2 x 3.7 Volt
	1500 mAh

Troubleshooting

This chapter summarises the most common problems you could encounter with the appliance. If you are unable to solve the problem with the information below, visit www.philips.com/support for a list of frequently asked questions or contact the Consumer Care Centre in your country.

Problem	Possible cause	Solution
The appliance does not work.	The echargeable batteries are empty.	Charge the appliance (see chapter 'Charging').
	The appliance is broken.	Contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre.
The appliance suddenly switches off.	The echargeable batteries are empty.	Charge the appliance (see chapter 'Charging').
	This is normal.	No action required.

Problem	Possible cause	Solution
The rging light does not go on when I put the small plug in the appliance socket.	You have not put the adapter in the wall socket.	Insert the small plug into the appliance socket and put the adapter in the wall socket.
	The wall socket is not live.	Connect another appliance to the wall socket to check if the wall socket is live. If the socket is live but the appliance still does not charge, contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre.
	The adapter is not inserted properly into the wall socket and/ or the small plug is not inserted properly into the appliance socket.	Make sure the adapter is inserted properly into the wall socket and/or the small plug is inserted properly into the appliance socket.
	The appliance is broken.	Contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre.

Problem	Possible cause	Solution
I have switched on the appliance but I cannot crease or decrease the light intensity.	The appliance has to be reset.	To reset the appliance, switch off the appliance and then switch it on again. If you still cannot adjust the light intensity, contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre.
The 'ready to flash' light does not go on when I place the appliance on the skin.	You have not put the body attachment with safety ring properly on the skin.	Place the appliance at a 90° angle onto the skin in such a way that all contact switches touch the skin. Then check if the 'ready to flash' light is on and press the flash button.
		If this does not work, place the appliance on a part of your body where it is easy to establish full skin contact, for example on your lower arm. Then check if the 'ready to flash' light works. If the 'ready to flash' light still does not go on when you place the appliance on the skin, contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre.

Problem	Possible cause	Solution
	The safety ring is dirty.	Clean the safety ring carefully. If you are unable to clean the safety ring properly, contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre to replace the flash screen.
The 'ready to flash' light does not go on when I place the body attachment on my skin, but the cooling fan works.	The overheat protection has been activated.	When the overheat protection has been activated, the fan still works. Do not switch off the appliance and let it cool down for approx. 15 minutes before you continue to use it. If the 'ready to flash' light still does not go on when you place the appliance on the skin, contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre.
The 'ready to flash' light is green but the appliance does not produce a flash when I press the flash button.	The appliance needs to be reset.	To reset the appliance, switch off the appliance and switch it on again. If the 'ready to flash' light is green but the appliance still does not produce a flash when you press the flash button, contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre.
The appliance becomes warm during use.	This is normal.	No action required.

Problem	Possible cause	Solution
The appliance does not show light intensity 1 when I switch it on.	The appliance needs to be reset.	To reset the appliance, switch it off and on again. If the appliance still does not show light intensity 1, contact your Customer Care Centre, your Philips dealer or a Philips Service Centre.
The appliance produces a strange smell.	The body attachment is dirty.	Clean the body attachment carefully. If you are unable to clean the body attachment properly, contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre to replace the body attachment.
	You have not shaved the area to be treated properly.	If there are hairs on the area to be treated, these hairs may get burnt when you use the appliance. As a result, you notice a strange smell. Shave the area to be treated properly before you use the appliance. If shaving causes skin irritation, trim hairs as short as possible and use a comfortable setting.

Problem	Possible cause	Solution
	You stored the appliance in a dusty environment.	The strange smell disappears after a few flashes.
The skin feels more sensitive than normal during treatment.	The light intensity you use is too high.	Check if you have selected the right light intensity. If necessary, select a lower light intensity.
	You did not shave the areas to be treated.	Shave the areas to be treated before you use the appliance. If shaving causes skin irritation, trim hairs as short as possible and use a comfortable setting.
	The filter glass in the light exit window is broken.	If the filter glass in the light exit window is broken, do not use the appliance anymore. Contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre.
	The appliance is defective.	Contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre.
I experience an unacceptable pain sensation when I use the appliance.	You did not shave the areas to be treated	Shave the areas to be treated before you use the appliance. If shaving causes skin irritation, trim hairs as short as possible and use a comfortable setting.

Problem	Possible cause	Solution
	You treated an area for which the appliance is not intended.	Only use the appliance on the underarms, pubic area (excluding the scrotum), shoulders, chest, back and legs.
	You have used a light intensity which is too high for you.	Reduce the light intensity to a level that is comfortable for you. See chapter 'Preparing for use', section 'Setting the light intensity'.
	The UV filter of the light exit window is broken.	If the UV filter of the light exit window is broken, do not use the appliance any more. Contact the Consumer Care Centre in your country, your Philips dealer or a Philips service centre.
	The appliance is not suitable for your skin colour.	Do not use the appliance if you have a very dark skin. Do not use it either if your body hair is light blond, red, grey or white.
The treated areas become red after the treatment.	Slight redness is harmless and normal and disappears quickly.	No action required.

Problem	Possible cause	Solution
The skin reaction after the treatment lasts longer than usual.	You have used a light intensity which is too high for you.	Select a lower light intensity the next time. See chapter 'Preparing for use', section 'Setting the light intensity.
		If the skin reaction lasts longer than 3 days, contact your doctor.
The hair reduction results are not satisfactory.	You have used a light intensity which is too low for you.	Select a higher light intensity the next time.
	You did not make enough overlaps when you used the appliance.	For proper hair-removal results, you have to make overlaps when you use the appliance. See chapter 'Using the appliance', step 7.

Problem	Possible cause	Solution
	You do not use the appliance as often as Commanded.	To remove all hairs successfully and prevent the hair follicle from becoming active again, the treatments have to be repeated once every two weeks for the first two to three months. Your skin should be smooth by then. To ensure that your skin stays smooth, we advise you to repeat the treatment every four to six weeks. The time between treatments may vary based on your individual hair regrowth and also across different body areas. If too many hairs grow back between treatments, simply shorten the treatment interval again, but do not treat any area more often than once every two weeks. When you use the appliance more frequently than recommended, you do not increase the effectiveness but you do increase the risk of skin reactions.
	The appliance is not suitable for your hair or skin colour.	Do not use the appliance if your body hair is light blond, red, grey or white. Do not use the appliance either if you have very dark skin.
Hair starts to grow again on some spots of the treated areas.	You did not make enough overlaps when you used the appliance.	For proper hair-removal results, you have to make overlaps when you use the appliance. See chapter 'Using the appliance', step 7.

Problem	Possible cause	Solution
	Hair starts to grow again as part of the natural cycle of hair growth.	This is normal. It is part of the natural cycle of hair growth that hair starts growing again. The hairs that come back, however, tend to be softer and thinner.

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